

# ***SPIRIT***



**PLATE LOADED 2.0**



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# PLATE LOADED

2.0



## 9 POSITION SEAT

A nine-position adjustable seat delivers both flexibility and support to ensure consistent pad stability and optimal alignment across all positions.

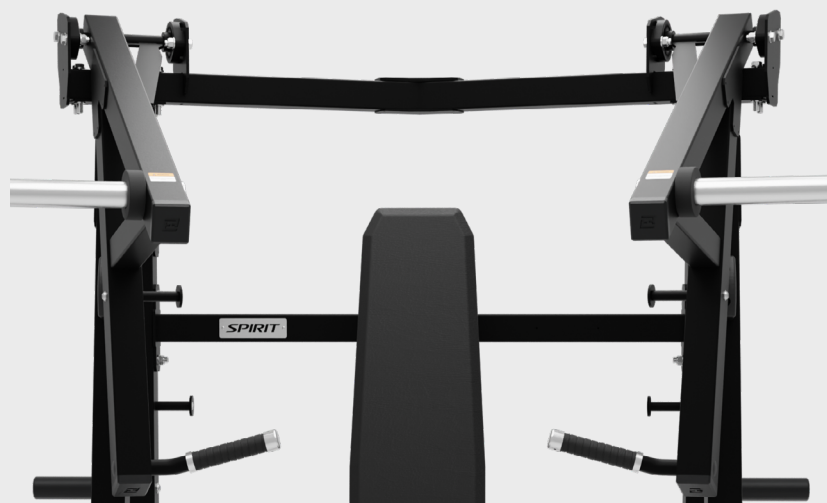
## DUAL BAND PEGS

Dual band pegs offer versatile training options by allowing the attachment of resistance bands at multiple heights and angles. This enables users to vary resistance levels and movement patterns.



## INDEPENDENT MOVEMENT ARMS

Independent movement arms are a game changer; allows for converging-handles with pressing motions and diverging-handles when pulling. This, combined with improving muscle imbalances and added core challenges, will take your exercise to the next level.





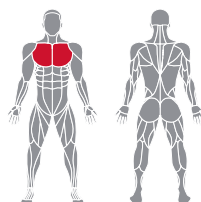
## ISO Chest Press

PL-3000

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Adjustable seat with 9 positions
- Adjustable back pad with 7 positions
- Dual band pegs for varied resistance
- Reinforced fully welded joint plates
- Stainless steel weight horns
- ABS PA-757 Plastics
- Concealed floor fixing points

PRODUCT DIMENSION	1190 x 1748 x 1905mm / 47" x 69" x 75"
PRODUCT WEIGHT	181kg
MAX LOAD	240kg



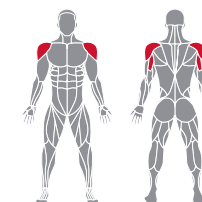
## ISO Shoulder Press

PL-3020

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Adjustable seat with 9 positions
- Adjustable back pad with 7 positions
- Dual band pegs for varied resistance
- Reinforced fully welded joint plates
- Stainless steel weight horns
- ABS PA-757 Plastics
- Concealed floor fixing points

PRODUCT DIMENSION	1337 x 1743 x 1535mm / 53" x 69" x 61"
PRODUCT WEIGHT	165kg
MAX LOAD	240kg







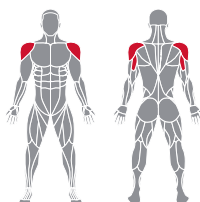
## ISO Viking Press

PL-3026

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Spring assisted adjustable arms with 6 start positions
- Lockable arms to use each arm separately or simultaneously
- Dual band pegs for varied resistance
- Multiple grip positions
- Reinforced fully welded joint plates
- Stainless steel weight horns
- Concealed floor fixing points

PRODUCT DIMENSION	1800 x 1533 x 1687mm / 71" x 57" x 67"
PRODUCT WEIGHT	150kg
MAX LOAD	240kg



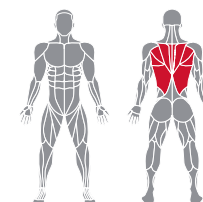
## ISO Bent Over Row

PL-3042

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Spring assisted adjustable seat with 5 positions for high and low row
- Adjustable handles for narrow, mid and wide grip
- Rotating handles for over hand, neutral and under hand grip
- Premium 30mm linear bearings
- Dual band pegs for varied resistance
- Anti-slip footplates
- Reinforced fully welded joint plates

PRODUCT DIMENSION	1900 x 1778 x 1600mm / 67" x 57" x 59"
PRODUCT WEIGHT	228kg
MAX LOAD	228kg





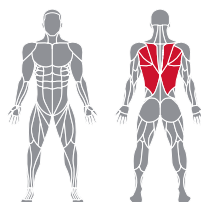
## ISO Lat Pulldown

PL-3045

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Adjustable seat with 9 positions
- Rotating handles for over hand, neutral and under hand grip
- Dual band pegs for varied resistance
- Reinforced fully welded joint plates
- Stainless steel weight horns
- ABS PA-757 Plastics
- Concealed floor fixing points

PRODUCT DIMENSION	1903 x 1152 x 2225mm / 75" x 46" x 88"
PRODUCT WEIGHT	163kg
MAX LOAD	240kg



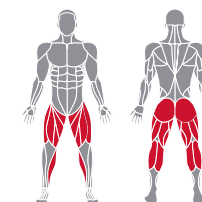
## Belt Squat

PL-3141

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- 10mm high grade stainless steel hooking point
- Large multi grip handles
- Anti-slip footplates
- Dual band pegs for varied resistance
- Reinforced fully welded joint plates
- ABS PA-757 Plastics
- Concealed floor fixing points

PRODUCT DIMENSION	1765 x 982 x 1388mm / 70" x 39" x 55"
PRODUCT WEIGHT	142kg
MAX LOAD	240kg







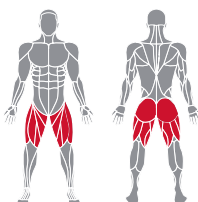
## Pendulum Squat

PL-3142

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Adjustable platform with anti-slip footplates
- Adjustable stop position
- Counterweight arm
- Dual band pegs for varied resistance
- Includes storage horns
- Reinforced fully welded joint plates
- Stainless steel weight horns

PRODUCT DIMENSION	2533 x 1268 x 1571mm / 67" x 57" x 59"
PRODUCT WEIGHT	198kg
MAX LOAD	240kg



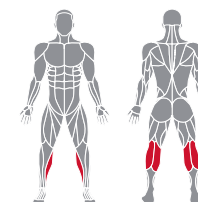
## Standing Calf Raise

PL-3148

### FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Adjustable shoulder pads with 9 positions
- Dual band pegs for varied resistance
- Reinforced fully welded joint plates
- Stainless steel weight horns
- ABS PA-757 Plastics
- Concealed floor fixing points

PRODUCT DIMENSION	1313 x 1000 x 1830mm / 52" x 40" x 73"
PRODUCT WEIGHT	146kg
MAX LOAD	240kg





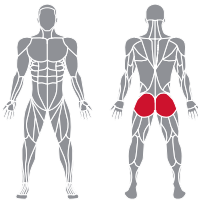
# Standing Hip Thrust

PL-3158

## FEATURES

- Designed and manufactured in the UK
- A combination of 70mm and 80mm Box section with a 3mm wall thickness
- Adjustable thigh pads
- Large multi grip handles
- Anti-slip footplates
- Band pegs for varied resistance
- Reinforced fully welded joint plates
- Stainless steel weight horns
- ABS PA-757 Plastics

PRODUCT DIMENSION	1195 x 1328 x 1412mm / 47" x 53" x 56"
PRODUCT WEIGHT	92kg
MAX LOAD	240kg





# PRODUCT LIST

PL-3000	ISO Chest Press	PL-3100	ISO Leg Extension
PL-3005	ISO Incline Chest Press	PL-3110	ISO Standing Leg Curl
PL-3010	ISO Decline Chest Press	PL-3111	Lying Leg Curl
PL-3015	ISO Flat Chest Press	PL-3112	Rear Kickback
PL-3016	ISO Standing Chest Press	PL-3115	Lever Leg Press
PL-3018	ISO Pectoral Fly	PL-3121	Assisted Glute/Ham Developer
PL-3020	ISO Shoulder Press	PL-3126	45 Degree Leg Press
PL-3025	ISO Front Pivot Shoulder Press	PL-3127	Dual 45 Degree Leg Press
PL-3026	ISO Viking Press	PL-3130	Lumbar Squat
PL-3030	ISO Lat Raise	PL-3131	Hack Squat
PL-3035	ISO Row	PL-3135	Vertical Leg Press
PL-3040	ISO Low Row	PL-3139	Leverage Squat
PL-3042	ISO Bent Over Row	PL-3140	V Squat
PL-3045	ISO Lat Pulldown	PL-3141	Belt Squat
PL-3048	ISO Linear T-Bar Row	PL-3142	Pendulum Squat
PL-3050	T-Bar Row Chest Support	PL-3145	Seated Calf Raise
PL-3055	T-Bar Row Standing	PL-3148	Standing Calf Raise
PL-3060	Pullover	PL-3150	Donkey Calf Raise
PL-3065	Seated Bicep Curl	PL-3154	45 Degree Glute Extension
PL-3070	ISO Seated Dip	PL-3155	Reverse Hyper Extension
PL-3075	4 Way Neck Machine	PL-3156	Glute Thrust
PL-3080	Iso Seated / Standing Shrug	PL-3158	Standing Hip Thrust
PL-3085	Gripper	PL-3159	Standing Abductor
PL-3090	Shrug Frame	PL-3160	ISO Body Drive
		PL-3165	ISO Deadlift / Lunge
		PL-3175	Counterbalance Smith Machine
		PL-3180	Smith Machine

**MOVE WITH SPIRIT**

***SPIRIT***

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